

Kid's Activity #6

Food Innovators

Transforming unwanted food into delicious treats

We throw out a lot of food. As much as 60 percent of our food waste is avoidable and could have been eaten.³³ And with a little creative thinking we can keep even more food from going to waste.

Old tortillas are perfect for making chips and enchiladas. French toast and croutons are best made with stale bread. Browning or overripe bananas are perfect for baking banana bread. There are even delicious treats made from fruit peels like candied orange rinds dipped in chocolate or candied lime peel with coconut filling.

Food Waste Fighting Popsicles

Time: 30 minutes to prepare, overnight in a freezer

Your assignment: You are a flavor researcher hired by a popsicle company that sells to grocery stores across North America. Your new job is to invent a tasty popsicle flavor made of rescued fruit. People will love it because it is delicious and helping keep old fruit out of landfill. The company is happy saving money by using rescued ingredients, and you will be known as a super innovator who is helping save the planet!

You'll Need:

- Rescued fruit
- Yogurt, juice, syrup, honey
- Several large bowls
- Blender, food processor or hand mixer
- Popsicle sticks and molds (ice-cube trays or small bowls work well)
- Freezer or below zero weather



Making it Happen:

1. Gather your ingredients. Is there any fruit getting overripe at your house, school cafeteria or local store that you could rescue? These could be browning bananas, slightly soft berries, bruised apples or half-eaten melons. Are there freezer-burned fruits in your freezer that need to be eaten?
2. Weigh your ingredients before processing them to learn how much food waste you prevented.
3. Create and test your recipe. In groups or teams, take turns deciding what to add to your creation, making sure to use all of the ingredients. Use bananas to help thicken or juice to thin your creations. Label your flavors.
4. Remember to report back to the company president!



Want to do More?

- Promote your amazing new earth-saving flavor on a cool poster. What is the name of your flavor? Let your happy customers know what inspired your ingredients and how much food you rescued.
- Serve popsicles to friends and family or at fundraisers to raise money for your school, organization or a local charity.
- Today popsicles ... tomorrow the world! You can use rescued food to make baked goods, soups and lots of other things! Learn how to host a Disco Soup event in Activity #17.



In Mexico 40 million tonnes of fruit and vegetable seeds and peels are thrown out every year. A start-up company called Eat Limmo is turning this food waste into nutritious flours to make bread, cakes and tortillas.

Did you know?

Food can be rescued in many ways besides making popsicles. Traditional food preservation techniques that have been used for many centuries and are still popular today and include smoking, drying, salting, sugaring, pickling, freezing, refrigerating and canning. Learn more in Activity #16.



³³Shaw, P., Smith, M., & Williams, I. (2018). On the Prevention of Avoidable Food Waste from Domestic Households. *Recycling*, 3(2), 24. <<http://doi.org/10.3390/recycling3020024>>